

## How can diabetes affect my kidneys?

Too much **glucose**,\* also called sugar, in your blood from diabetes damages your kidneys' filters. If the filters are damaged, a protein called **albumin**, which you need to stay healthy, leaks out of your blood and into your urine. Damaged kidneys do not do a good job of filtering wastes and extra fluid from your blood. The wastes and extra fluid build up in your blood and make you sick.

Diabetes is a leading cause of kidney disease. Diabetic kidney disease is the medical term for kidney disease caused by diabetes. Diabetic kidney disease affects both kidneys at the same time.

If kidney disease runs in your family, you are also at risk for kidney disease. Talk with your family members about their medical history and your doctor about having your kidney function tested.

\*See the Pronunciation Guide for tips on how to say the words in **bold** type.